Samuel Greenberg

# The art of knife fighting and self-defense from the knife for everybody

## The KGB Special Forces system

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# Annotation

This book is based on a unique manual for law enforcement officers, based on the recently declassified course on operational karate of the KGB Special Forces, which is now available to everyone who is interested in real martial arts and self-defense techniques. The techniques that were successfully used by the soldiers of the strongest Special Forces in the world will now help you protect yourself and your loved ones. From this book, you will learn not only how to repulse any enemy using a knife, but also how to defend against a criminal armed with a knife without using a weapon. The book includes only easy to master techniques, which can be used in life treating situations by everybody without need for special training. The author deliberately missed such methods as strangulation, blocking and impact on the enemy's pain points, which are widely used by Special Forces, because these methods require strength and a long time to master and will not be suitable as a protection measure for ordinary people in an emergency situation.

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# Chapter 1. Introduction to combat knives

Since ancient times, a knife has been one of the most dangerous weapons.

The ability to defend against the threat and attack of the enemy, armed with a knife, may be required not only in battle, but also in everyday life.

It should be remembered that of all types of knives the most dangerous is an ordinary kitchen knife.

Knives can be classified into:

1. Fighting.

2. Hunting.

3. Kitchenware.

4. Special (shoe, garden, paper cutter, penknife, awl, throwing knife, transformer knife).

5. Historical (Navaja, Caucasian Dagger, Finn, Kukri, Machete).

6. Self-made ("sharpening", "peak," puncture ", etc.).

Knives can be used for applying piercing, cutting, chopping, piercing - cutting strokes.

As a rule, knives were originally made for specific purposes, for special strikes.

Many knives were originally conceived and intended only for stabbing. These knives often do not have a cutting edge - Dag, stylet, "peak", "sharpening" or either this edge is very conditional.

Most often, knives have only one cutting edge.

Knives can have a completely sharp edge on one side along the length of the entire blade and a partially sharpened edge on the other side.

There are also double-edged knives, such as the Caucasian dagger.

Sometimes knives have a shape, size and sharpening in order to use it for delivering first cuts, for example, a Nepali kukri knife or a machete knife.

Many knives have, in addition to the sharp blade, special cuts or devices for performing certain functions, for example, for cutting wire, sawing small

branches, hooks and grabs of another knife.

Despite their different uses, all knives are dangerous because, first of all, they are designed to accomplish a task or achieve a specific goal.

## What is knife attack dangerous by?

Dangerous is usually not the knife itself. Dangerous to others can be the one, who uses it as a weapon.

When an offender attacks with a knife or any other cutting or sharp object, it can cause cuttings of vital, human organs, tendons, arteries and veins, nerve fibers, the face; there may be scars; you can be left without eyes, ears, fingers.

Experience allows predicting with some accuracy the possible consequences of getting a knife wound.

With the defeat of the brachial artery, the time of possible loss of consciousness is 14 seconds, and death can occur within one and a half minutes.

If the radial artery is damaged, the time of loss of consciousness is half a minute and death can occur within 2 minutes.

When the carotid artery is damaged, the time of loss of consciousness is 5 seconds, and death is 12 seconds.

Damage to the subclavian artery causes loss of consciousness within 2 seconds, and death can occur within 3 and half minutes.

With the defeat of the heart, consciousness can be lost instantly, and death can occur in 3 seconds.

If the liver, spleen, stomach is damaged, consciousness can be lost almost instantly, and death can occur depending on the depth of the cut within a few minutes.

It should be borne in mind that in this case we are talking about one exact blow or cut. And there may be several of them. And not every blow can be fatal.

The causes of death, when the offender attacks with a knife, can be:

1. Damage incompatible with life.

2. Blood loss, which can be:

    2.1. Abundant (2.5-3 liters).

2.2. Acute (rapid outflow of blood from large main vessels, even in small quantities - 200-500 ml).

2.3. When passing acute blood loss in copious.

3. Crush organs with blood or air.

4. Shock III and IV degree. It happens, when the damage itself is not fatal, but it causes overexcitement of the central nervous system with subsequent disorder of the nervous regulation.

5. Embolism. It causes a blockage of blood vessels or capillaries of the brain or lung, for example, with droplets of fat that have got there due to damage.

# Chapter 2. Basic techniques of combat knife

## Grip of a combat knife

Typically, training in knife fighting begins with learning how to properly grip the knife. It is important to remember that each grip is convenient for a narrow range of tasks - it is unwise to hold a knife in combat situation the same way as in the kitchen and vice versa. Not less than the scope of application, the shape and design of the handle and crosspiece affect the grip of a combat knife. There are three main grips of a combat knife:

1. The first option is to grip the knife with the blade upwards, away from the thumb, Fig. 1.

Fig. 1

2. The second option is to grip the knife with the blade down, away from the little finger, Fig. 2.

Fig. 2

3. The third option is to grip the knife with the blade forward, Fig. 3.

Fig. 3

The correct grip of the knife allows you to deliver both stabbing and cutting blows in any sequence. However, the techniques of fighting with different grips differ from each other.

One of the most controversial topics when discussing the correct capture of a knife is the direction of the blade of the knife: to yourself, Fig. 4, 5 or away from yourself, Fig. 6, 7.

Fig. 4, 5

The direction of the knife blade affects primarily the technique of applying cutting blows, but not on the combat effectiveness - along with the main blade, the modern combat knife has an additional sharpening on the butt. In addition, the shape of the combat knife blade allows for equally effective cutting both in the direction of the blade and in the direction of the handle.

Fig. 6, 7

## Main fighting stances with a knife

The correct fighting stance provides the most comfortable position for attack and defense during combat. There are three main fighting stances with knife: front, left and right.

Front stand - legs are shoulder-width apart, knees are slightly bent. The knife is in the right hand. Often this stance is intermediate when changing stances and in movement or movement during the fight. This stance is often used to provide a covert and surprise attack on the enemy, Fig. 8.

Fig. 8

Left-sided stand: left leg is forward, knife in right hand. The knees are slightly bent. Body weight is evenly distributed over both legs, Fig. 9.

Fig. 9

Right-sided stance: right leg is forward, knife in right hand. The knees are slightly bent. Body weight is evenly distributed over both legs, Fig. 10.

Fig. 10

Taking into account the use of a knife, which can be placed in the left or right hand, both the left-sided and right-sided stands can be of the same name and opposite.

Right-sided stand of the same name: right leg is in front, knife in right hand, Fig. 11.

Fig. 11

An opposite left-sided stand: left leg is in front, knife in right hand, Fig. 12.

Fig. 12

Sometimes the eponymous stand is called open and opposite one - closed: in the first case, the knife is in plain sight, in the second, it is hidden behind the body of the fighter. However, even in the stance of the same name, it is possible to hide a knife from the enemy, and vice versa, openly demonstrate to the enemy the weapon while in the opposite stance, Fig. 13, 14.

Fig. 13

Fig. 14

The advantage of the opposite stance is that it is much more difficult for the enemy to grab your hand with a knife: for defense and counterattack, you can use your left hand and body.

In all stances of a knife fight, body weight can be transferred to any leg; the distance between the legs can be different and directly depends on the situation.

For example, in an attack, with a forward lunge, the distance between the legs can be maximum, Fig. 15.

Fig. 15

## Distance in a knife fight

Correctly chosen distance allows you to attack as efficiently as possible, remaining relatively inaccessible to the enemy. Three distances are usually distinguishe d in a knife fight: long, medium and short, Fig. 16 - 18.

Fig. 16

Fig. 17

Fig. 18

# Chapter 3. Basic movements in a knife fight

Movements in a knife fight consist of move relative to the territory and relative to the enemy.

1. Moving forward while maintaining the left-sided opposite stance, Fig. 19, 20.

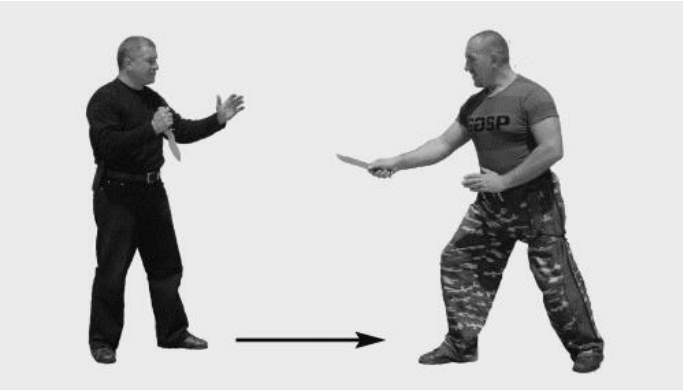


Fig. 19

Fig. 20

This is important in order to deceive the enemy and disorient him about your position. Thus, you have the advantage to save yourself from unexpected blows and counterattack the enemy. Examples of different movements and stances you can find above and below.

2. Moving forward with a change in the stance from the left-sided opposite to the right-sided of the same name, Fig. 21, 22.

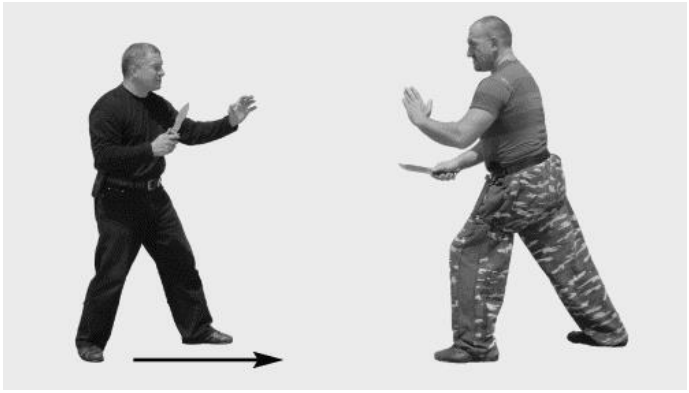


Fig. 21

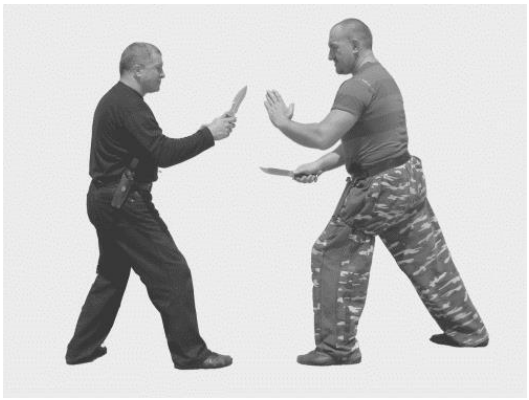


Fig. 22

## Moving with a step forward

1. From the position of the left-side stand, take a small step with the left foot forward. Immediately pull up the right leg and return to the original stance, Fig. 23 - 25.

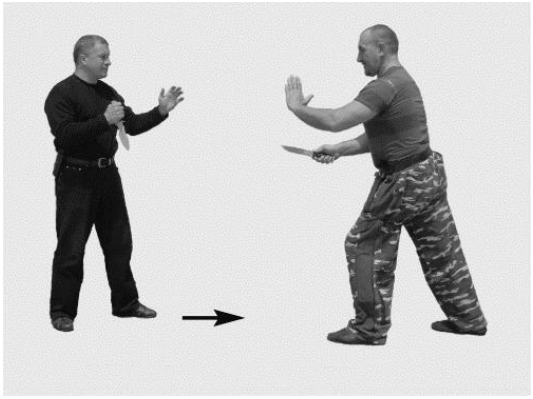


Fig. 23

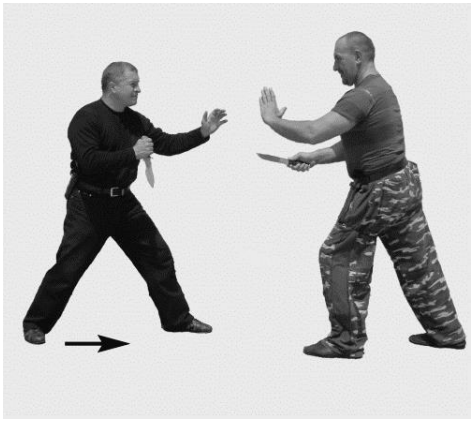


Fig. 24

Fig. 25

2. From the position of the left-sided stance, take a small step with the right foot forward to the left leg. Immediately perform a small step forward with the left foot and again take the left-side stance, Fig. 26-28.

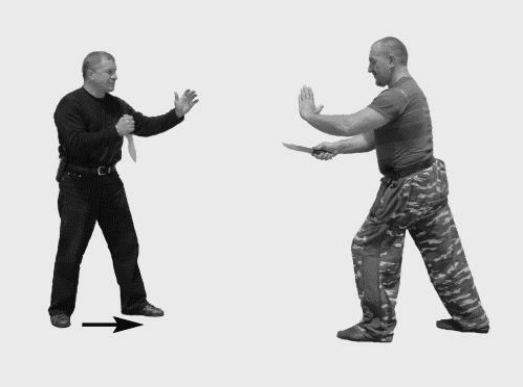


Fig. 26

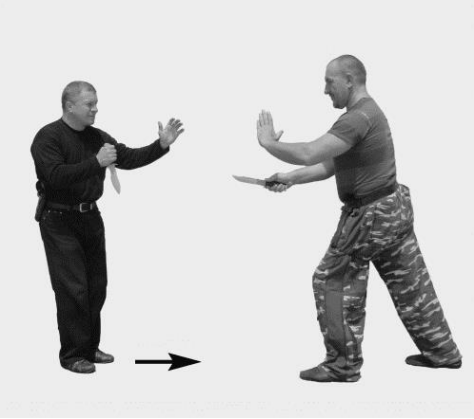


Fig. 27

Fig. 28

## Moving with a step backward

1. From the position of the left-sided stand, take a small step back with the right foot. Immediately pull up the left leg and again take the left-sided stance, Fig. 29 - 31.

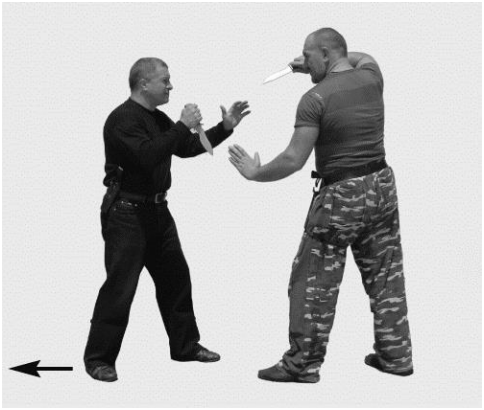


Fig. 29

Fig. 30

Fig. 31

2. From the position of the left-sided stand, take a small step with the left foot back to the right leg. Immediately perform a small step back with the right leg and again take the left-sided stance, Fig. 32 -34.

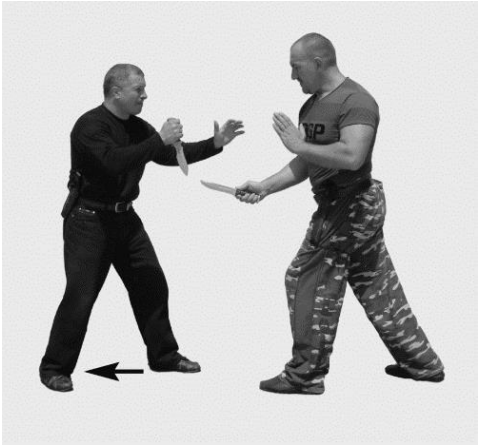


Fig. 32

Fig. 33

Fig. 34

## Forward step with change in stance

From the position of the left-sided opposite stance, step forward with the right foot, taking the right-sided fighting stance of the same name, Fig. 35 - 38.

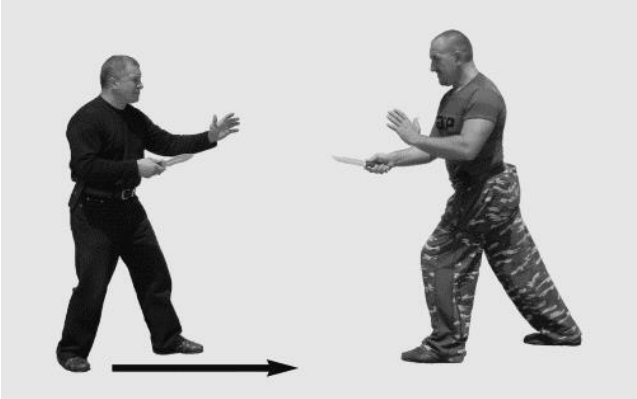


Fig. 35

Fig. 36

Fig. 37

Fig. 38

## Backward step with change of stance

From the position of the left-sided opposite stance, perform a step backward with the left foot, taking the right-side fighting stance of the same name, Fig. 39 - 42.

Fig. 39

Fig. 40

Fig. 41

Fig. 42

Movements in steps forward and backward (shuttle movement) allows you to control the distance with minimal effort, enter and exit the battle.

In addition to linear and shuttle movements, side movements are actively used in knife fighting.

## Moving with a step to the right

From the position of the left-sided opposite stand, perform a step with the right foot to the right, then rearrange the left leg to the right at the same distance and go into the left-sided stand, Fig. 43 - 48.

Fig. 43

Fig. 44

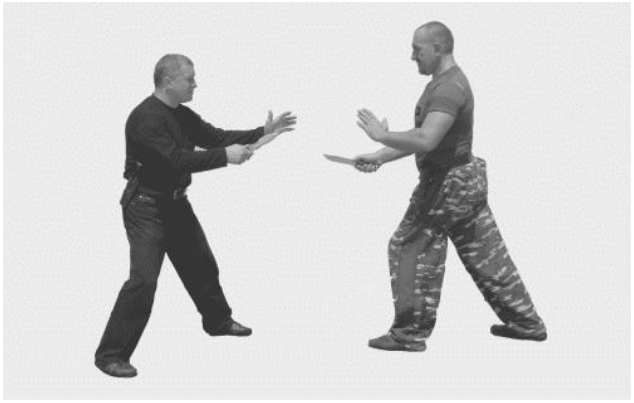


Fig. 45

Fig. 46

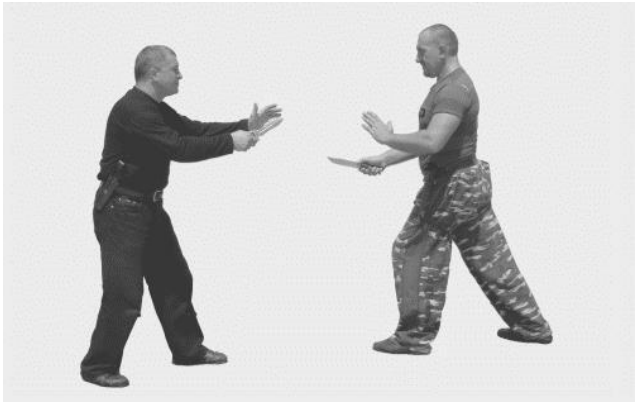


Fig. 47

Fig. 48

## Moving with a step to the left

From the position of the left-sided opposite stand, perform a step with the left foot to the left, and then rearrange the right leg to the left at the same distance, Fig. 49 - 54.

Fig. 49

Fig. 50

Fig. 51

Fig. 52

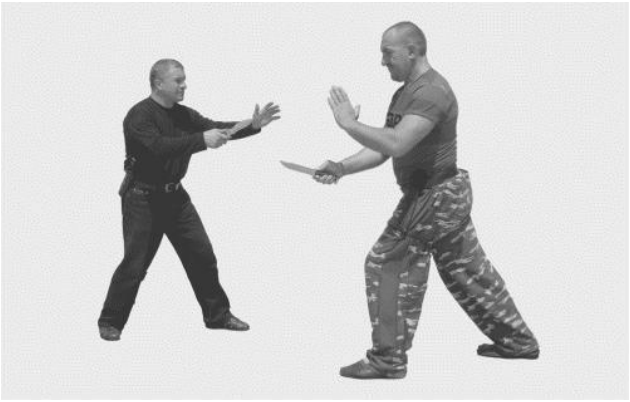


Fig. 53

Fig. 54

## Variants of movement with a cross step to the left and right

1. From the position of the left-sided opposite stand, make a cross step with the right leg to the left (the lines of the shins intersect at an angle of about 20 degrees), then move the left leg to the left at the same distance, Fig. 55 - 60.

Fig. 55

Fig. 56

Fig. 57

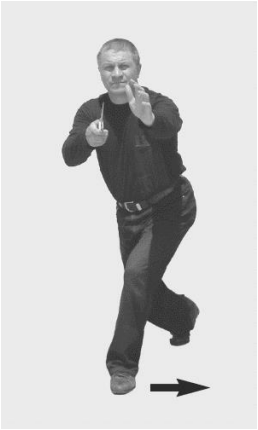


Fig. 58

Fig. 59

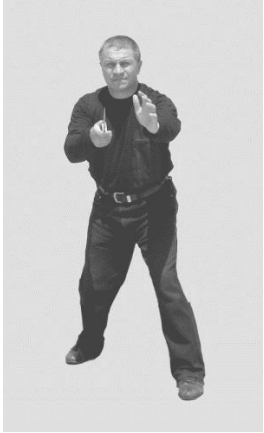


Fig. 60

2. From the position of a left-sided opposite stand, step with the left foot to the left (the lines of the shins intersect at an angle of about 20 degrees), then rearrange the right leg to the right at the same distance, Fig. 61 - 65.

Fig. 61

Fig. 62

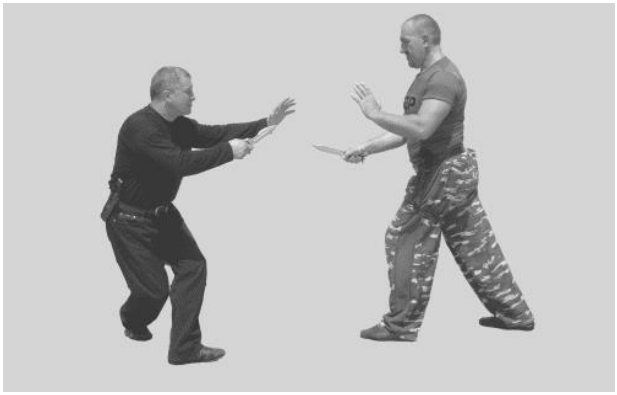


Fig. 63

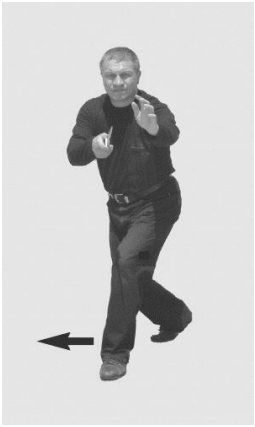


Fig. 64

Fig. 65

Fig. 66

The main requirements for movement and changing position in a knife fight are their timeliness, expediency and meaningfulness. Even seemingly chaotic movements can actually turn out to be timely, effective, well thought out and practiced.

The correct step and movement allows you to instantly get close to the enemy, get off the line of attack or dodge it.

The most important thing in hand-to-hand combat with a knife is the unexpected use of weapons. This task is also solved, first of all, with the use of the correct movement, which ensures the surprise of the attack, the effectiveness of defense, which in turn provides the final favorable result.

# Chapter 4. Stabbing blows with a knife

In hand-to-hand combat, a knife is used for stabbing and cutting blows. In addition, the knife handle can act as improvised brass knuckles.

A stabbing blow with a knife is considered the main one: even thick clothes do not protect from it, a stabbing blow can hit the vital organs of the enemy.

Stabbing blows with a knife are applied forward, above, below, swinging from left to right, sideways and on oneself.

Most knife stabs can be delivered with any knife grip.

All stabbing blows with a knife can be applied both in the stance of the same name, and in the opposite stance, with or without a lunge.

Below you will find photos with examples of stabbing blows with a knife in all direction from different positions.

## Stabbing blow forward

1. Stabbing blow forward with a knife in an opposite stance is shown on Fig. 67.

Fig. 67

2. Stabbing blow with a knife in a stance of the same name is shown on Fig. 68.

Fig. 68

3. Stabbing blow with a knife with a lunge in an opposite stance is shown on Fig. 69, 70.

Fig. 69

Fig. 70

4. Stabbing blow with a lunge in the stance of the same name is shown on Fig. 71, 72.

Fig. 71

Fig. 72

## Stabbing blow from above

1. Making a stabbing blow from above in an opposite stance when gripping the knife with the blade away from the thumb is shown on Fig. 73.

Fig. 73

2. Making a stabbing blow from above in the stance of the same name when gripping the knife with the blade away from the thumb as shown on Fig. 74.

Fig. 74

3. Making a thrusting blow from above in an opposite stance when gripping the knife with the blade away from the little finger as shown on Fig. 75.

Fig. 75

4. Making a stabbing blow from above in the stance of the same name while gripping the knife with the blade away from the little finger as shown on Fig. 76.

Fig. 76

## Stabbing blow from below

1. Stabbing from below in an opposite stance while gripping the knife with the blade away from the thumb as shown on Fig. 77.

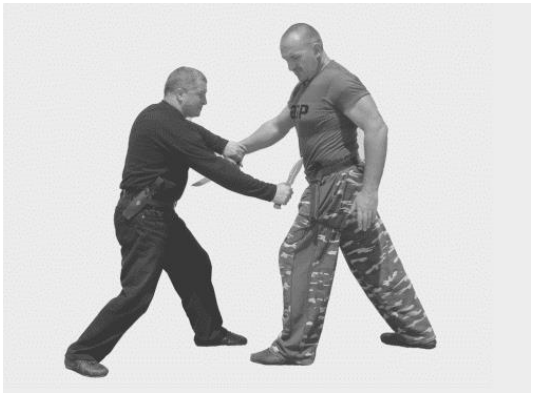


Fig. 77

2. Making a stabbing blow from below in the stance of the same name when gripping the knife with the blade away from the thumb as shown on Fig. 78.

Fig. 78

3. Making a stabbing from below in an opposite stance when gripping the knife with the blade away from the little finger as shown on Fig. 79.

Fig. 79

4. Making a stabbing from below in the stance of the same name when gripping the knife with the blade away from the little finger as shown on Fig. 80.

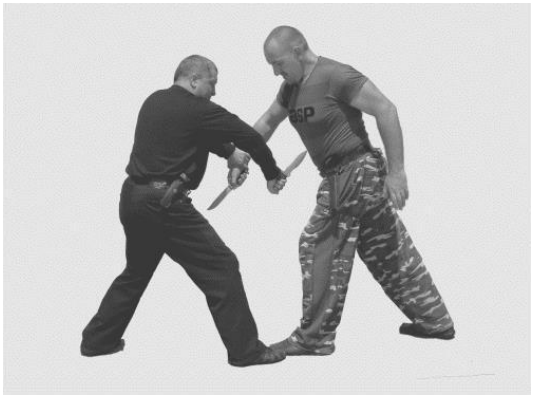


Fig. 80

## Stabbing swing blow from left to right

1. Striking a swinging blow from left to right in an opposite stance when gripping the knife with the blade away from the little finger as shown on Fig. 81.

Fig. 81

2. Striking a swinging blow from left to right in the stance of the same name while gripping the knife with the blade away from the little finger as shown on Fig. 82.

Fig. 82

## Side stabbing blow from right to left

1. Striking a blow from the side from right to left in an opposite stance while gripping the knife with the blade away from the thumb as shown on Fig. 83.

Fig. 83

2. Striking a blow from the side from right to left in the stance of the same name while gripping the knife with the blade away from the thumb as shown on Fig. 84.

Fig. 84

3. Striking a blow from the side from right to left in an opposite stance while gripping the knife with the blade away from the little finger as shown on Fig. 85.

Fig. 85

4. Striking a blow from the side from right to left in the stance of the same name while gripping the knife with the blade away from the little finger as shown on Fig. 86.

Fig. 86

## Stabbing blow to direction of yourself

1. Striking a blow to direction of yourself in an opposite stance when gripping the knife with the blade away from the thumb as shown on Fig. 87.

Fig. 87

2. Striking a blow to direction of yourself in the stance of the same name when gripping the knife with the blade away from the thumb as shown on Fig. 88.

Fig. 88

3. Striking a blow to direction of yourself in an opposite stance while gripping the knife with the blade away from the little finger as shown on Fig. 89.

Fig. 89

4. Striking a blow to direction of yourself in a stance of the same name while gripping the knife with the blade away from the little finger as shown on Fig. 90.

Fig. 90

5. Stabbing blows with a knife can be applied with any grip and from any position and stance, as well as in dynamics and when moving or changing the place of attack, at various combat distances.

Variants of stabbing with a knife are shown on Fig. 91, 91.

Fig. 91

Fig. 92

# Chapter 5. Cutting strikes with a knife

Cutting strikes with a knife is usually considered an auxiliary one. It is often used to afflict an opponent's limbs as a distraction means. Cutting strikes are effective for neutralizing the enemy without inflicting mortal wounds on him. Cutting strikes on the opponent's tendons are also effective - the elbow, Achilles and hamstrings, the back of the thigh.

Cutting stabs can be made vertically, horizontally and diagonally.

Horizontally, cutting knife strikes are applied at three levels: upper, middle and lower.

Vertical blows can take place in the middle, in the left or right plane.

Diagonal cutting knife strikes can also pass through a conditional point in the upper, middle or lower levels.

Cutting or slashing stabs will be especially effective in self-defense and in distracting opponents if they are applied to specific areas of the human body. These specific areas include:

1. The face area, mainly the eyes;

2. The neck area - the carotid artery and throat;

3. The solar plexus area;

4. The abdomen area;

5. The limbs;

6. The crotch area.

Below you will find multiple examples of using a knife for inflicting to the enemy cutting or slashing stabs in different directions and levels.

## Cutting diagonal stabs

1. Cutting diagonal knife strike, from right to left to the upper level as shown on Fig. 93.

Fig. 93

2. Cutting diagonal knife strike from top to bottom from left to right through the middle level as shown on Fig. 94.

Fig. 94

3. Cutting diagonal horizontal blow with a knife from left to right through the lower level as shown on Fig. 95.

Fig. 95

Cutting stabs from top to bottom and vice versa

1. Cutting stab from the bottom up two variants as shown on Fig. 96, 97.

Fig. 96

Fig. 97

2. Cutting stab from top to bottom as shown on Fig. 98, 99.

Fig. 98

Fig. 99

Stabs with the sharp part of the blade away from you

The examples below are simplest stabs with different knife grips.

1. Cutting blow with a knife from left to right when gripping the knife with the blade away from the thumb upwards with the blade away from you, Fig. 100, 101.

Fig. 100

Fig. 101

2. Cutting blow with a knife from right to left when gripping the knife with the blade away from the little finger with the blade away from you, Fig. 102 - 104.

Fig. 102

Fig. 103

Fig. 104

3. Cutting blow with a knife from top to bottom while gripping the knife with the blade forward with the blade pointing down, Fig. 105.

Fig. 105

Reciprocating and circular stabs

A special kind of cutting knife strikes are reciprocating and circular stabs, directed, as it were, inside the circle. Examples of such stabs are shown on Fig. 106 - 107.

Fig. 106

Fig. 107

Such attacks are difficult to execute, and their use is especially effective in close combat or for impact on the limbs of the enemy, Fig. 108, 109.

Fig. 108

Fig. 109

1. A variant of a cutting blow on the inner circle from left to right, when gripping the knife with the blade away from the thumb with the blade towards you, Fig. 110.
Fig. 110
2. A variant of a cutting strike with a knife on the inner circle from left to right, when the knife is gripped with the blade away from the little finger with the blade towards you, Fig. 111
Fig. 111
3. A variant of a cutting knife strike on the inner circle from right to left, when gripping the knife away from the little finger with the blade towards you, Fig. 112.
Fig. 112
Most of the cutting knife strikes can be schematically represented in the form of a circle in which the blade moves from left to right or from right to left along its outer side, or vice versa, along the inner side from left to right, Fig. 113.
Fig. 113

## Chapter 6. Knife handle blows

In hand-to-hand combat, the handle of a knife can be used as an impact weapon for stunning and crushing blows. Knife handle blows can be applied to joints, arm muscles, fingers, wrist, collarbone, spine and head. The most effective blows with a knife handle on the head. The blows are applied with the head of the handle or with a fist with the handle of the knife clamped in it.

### Blow to the temple

A blow to the temple with the handle is shown on Fig. 114.

Fig. 114

### Blow on the elbow

A blow with the handle of a knife on the elbow is shown on Fig. 115.

Fig. 115

### Blow to the back of the head

Direct blow with the knife handle with the base of the handle forward to the head, Fig. 116.

Fig. 116

### Blow to the chin

Direct blow with the knife handle with the base of the handle forward to the head, Fig. 117.

Fig. 117

### Blow to the jaw

A fist blow, with the handle of a knife clamped in it in the jaw, Fig. 118.

Fig. 118

## Chapter 7. Key considerations in the case of a knife attack

Sometimes an enemy, armed with a knife, can attack with preliminary preparation, intimidation of the enemy, studying his reaction to certain threats and the very demonstration of the knife or the threat of its use, with the preliminary striking of a distracting kick by hand or foot.

The attack can be made suddenly and unexpectedly, for example, from closed positions or from behind or using a knife with opening blade. Or the enemy is going to use a folding knife and he needs time to bring him into a combat position.

The main thing to know and remember: the attack of the enemy, armed with a knife, can begin anytime and anywhere.

The enemy may give a surprise. For example, be left-handed. Or, for example, the enemy does not care in which hand to hold the knife.

### Selecting defensive distance and position

The most important condition for successful defense against the threat of the enemy with a knife attack is the selection and preservation of a safe distance from the attacker.

As long as you keep and control the distance, for a knife you will remain invulnerable.

This can give you the following benefits:

1. The enemy will lose the initiative and advantage of surprise.
2. You get extra time to assess the situation and make a decision.
3. For the time you have won, the situation itself can change dramatically.
4. You can call or wait for help or support.
5. The threat from the unexpected and hidden from others can become public and attract the attention of many witnesses.
6. You can pick up and use random objects at hand.
7. You will be able to evaluate and study the opponent from the point of view of his weak and strong points.
8. You can choose to protect the moment convenient for you and the method that will be used against the enemy and which, in your opinion, will be the most appropriate and effective.
9. You will be able to decide for yourself about the extent to which your defense will be appropriate, so as not to exceed the limits of its necessity.
10. The enemy can also use this time in order to change his mind, change his intentions, purpose and motivation of his actions.

11. In the end, it is quite possible that you simply persuade the enemy not to commit unlawful actions.
Choosing a defense position can also play in favor of the defender:
First, you can choose a position that is convenient for you and inconvenient for the enemy. Such a position, for example, may limit the possibility of maneuver for the attacker and, as a result, limit the choice of opportunities for attack.
Secondly, your constant change of defense positions may make it difficult for the attacker to assess the situation and choose the technique of attack, causing uncertainty in his actions.
In the end, all this can make the opponent start thinking.
In certain conditions, when an attack is carried out by a person who is in a state of aggressive limited sanity or alcohol intoxication, the very fact that he has resumed mental activity can return to the attacker a critical assessment of his actions and intentions.
It should be borne in mind that often the threat and attack with a knife can be generally unmotivated. And the appearance on the part of the adversary of a critical understanding of the situation and his actions and intentions, quite likely, will force him to change his intentions.

## Chapter 8. Knife defense technique

The knife can be used in hand-to-hand combat as a weapon not only for attack, but also for defense.

It is especially effective to use a knife to repel the opponent's punches and kicks. The blows to the attacking limbs of the opponent can be delivered at the moment of the blow, or they can be preventive and warning the blow itself.

The blade of a knife can become an insurmountable obstacle for the striking arm or leg of the opponent and prevent any grab. Cutting or stabbing counterstrikes with a knife can not only stop, but also neutralize the enemy.

Counter strike with a knife

1. Defense technique with a counter strike with a knife from above to the opponent's lower leg, preventing the opponent from hitting from below upwards, as shown in Fig. 119.

Fig. 119

2. The technique of defense with a backhand knife strike, from left to right on the thigh of the opponent kicking forward, in combination with leaving the opponent's line of attack to the left, as on Fig. 120.

Fig. 120

## Cutting strike with a knife

1. Defense technique with a cutting blow with a knife from left to right on the opponent's left beating hand, Fig. 121.

Fig. 121

2. Defense technique with a cutting blow with a knife from right to left on the opponent's right beating hand, Fig. 122.

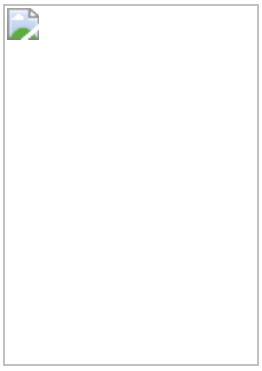


Fig. 122

## Stabbing blow with a knife

1. Defense technique with a stabbing knife blow from left to right swinging on the opponent's right beating hand, Fig. 123, 124.

Fig. 123

Fig. 124

## Using knife for disarming an enemy

The knife can also be used to disarm the enemy or make it impossible for him to use this weapon.

1. The technique of disarming the enemy with a cutting and stabbing blow to the opponent's right hand holding the weapon, Fig. 125 - 128.

Fig. 125

Fig. 126

Fig. 127

Fig. 128

# Chapter 9. Knocking out knife technique

Under certain conditions like the luck and skill the enemy can be disarmed by knocking out his knife.

One of the prerequisites for success may be an element of carelessness and unreasonable euphoria of superiority from the enemy. Often it works out. And the result often exceeds expectations.

From the hands of the enemy, the knife can be knocked out by an unexpected strike of an arm or a leg. The strike itself is applied sharply and hard. The main thing here is the element of surprise.

It can be very effective to use handy objects - sticks, stone, brick, chair, bag, umbrella, key or keychain, book, and more.

## Striking with the hand

1. By striking with the hand upward, Fig. 1, 2, 3, 4

Fig. 1, 2

Fig. 3, 4

2. By striking with the hand down, Fig. 5, 6, 7, 8

Fig. 5, 6

Fig. 7, 8

3. By striking outside to inside Fig. 9, 10, 11, 12

Fig. 9, 10

Fig. 11, 12

4. With a counter strike with both hands Fig. 13, 14, 15

Fig. 13, 14

Fig. 15

## Striking with the leg

1. By strike of the leg up, Fig. 1, 2, 3

Fig. 1, 2

Fig. 3

2. A circular kick on the inside of the opponent’s hand, Fig. 4, 5, 6

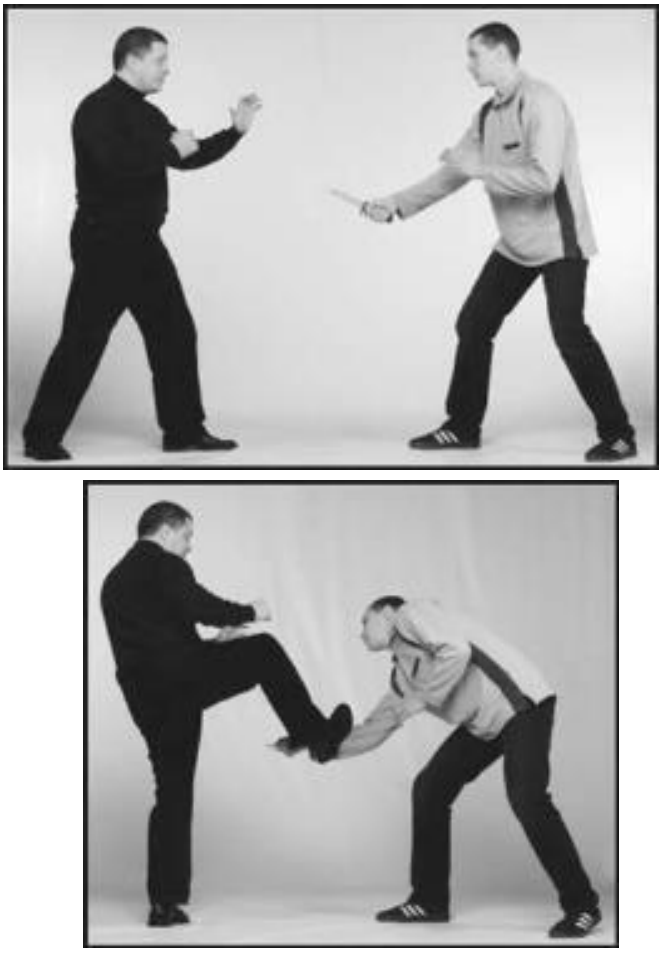


Fig. 4, 5

Fig. 6

3. A circular kick on the outside of the opponent’s hand, Fig. 7, 8

Fig. 7, 8

4. By the kick from the top down, Fig. 7, 9, 10

Fig. 9, 10

## Using random items

1. Knocking the knife out of the opponent's hands using a stick, Fig. 1, 2, 3, 4

Fig. 1, 2

Fig. 3, 4

2. Knocking the knife out of the hands of the enemy using the book, Fig. 5, 6, 7, 8

Fig. 5, 6

Fig. 7, 8

3. Knocking the knife out of the hands of the enemy using a chair, Fig. 9, 10, 11, 12

Fig. 9, 10

Fig. 11, 12

4. Knocking the knife out of the opponent’s hands using the bag, Fig. 13, 14, 15, 16

Fig. 13, 14

Fig. 15, 16

5. Knocking the knife out of the opponent’s hands using a dumbbell (stone), Fig. 17, 18, 19, 20

Fig. 17, 18

Fig. 19, 20

6. Knocking the knife out of the hands of the enemy using an umbrella, Fig. 21, 22, 23, 24

Fig. 21, 22

Fig. 23, 24

# Chapter 10. Retreat from the attack line

Leaving the line of attack is performed as an independent, sometimes self-sufficient means of protection, and as an aid when using other techniques.

Leaving the line of attack can be both backward and forward.

In the first case, the distance is reached, with which the enemy either lacks a target, or to continue the attack he needs to go the distance of the start of a new attack.

In the second case, the distance becomes so small that it is simply difficult for the enemy to continue his plans, and to continue the attack it is necessary to prepare again and type the necessary distance.

There are various options for leaving the line of attack.

1. Leaving the line of attack backwards (rebound or step with the right foot backward with the change of the right-sided position to the left-sided one). The execution of such waste back can go on indefinitely.

2. Leaving the line of attack forward (putting pressure on the enemy may continue if he tries to break the distance).

2.1. With a jump forward.

2.2. Step right foot forward.

2.3. Leaning forward with the left foot.

Leaving the attack line can be performed both left and right, as well as left forward, left back, right forward or right back. As with the step of the left foot forward and back. As with the step of the right foot forward and back. More complex options for leaving the line of attack are also possible.

There are plenty of possible ways of leaving the attack line. Below I will provide example of the most common ones, which are easy to master.

Initial position is always remains the same for all retreats from the attack line.

1. Step left foot forward.

2. Step left foot forward to the left and step left foot to the left (left and right pics).

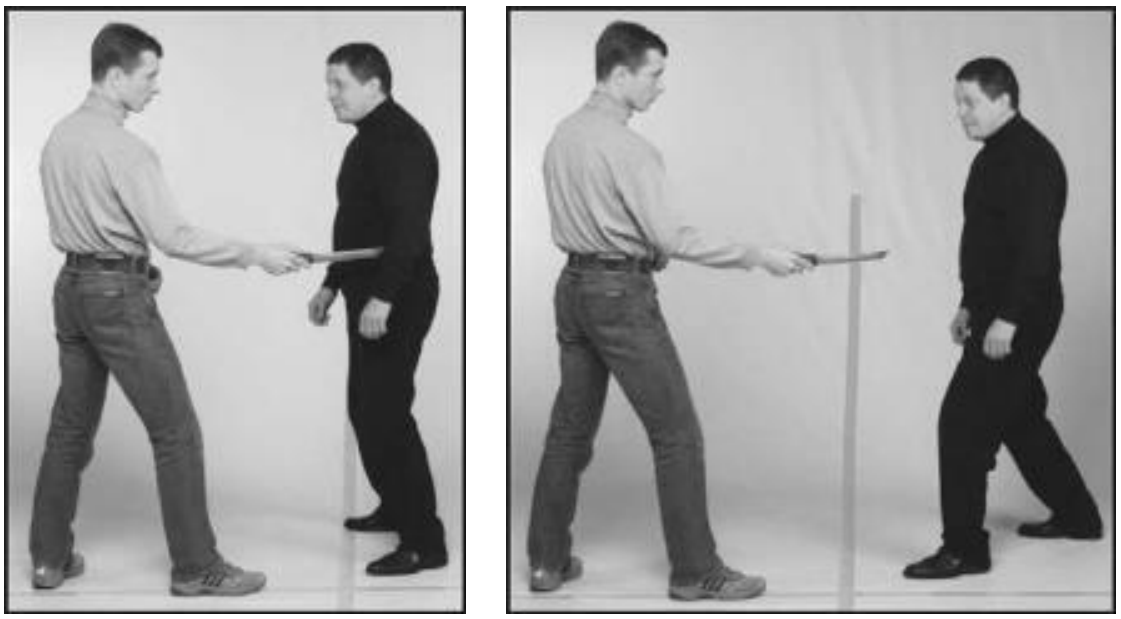
3. With a step of his left foot back turn to 225 degrees counterclockwise and with a step backward left foot turn 270 degrees counterclockwise, (left and right pics).

4. Step right foot forward and step right foot forward to the right, (left and right pics).

5. Step left foot back to the left and step left foot back, (left and right pics).

6. With a step backward left foot turn to 135 degrees counterclockwise and with a step left foot back turn 180 degrees counterclockwise, (left and right pics).

7. Step right foot to the right and step right foot back to the right, (left and right pics).



8. Step right foot back, (left and right pics).

9. With a step backward right foot turn to 135 degrees clockwise and with a step right foot back, turn 180 degrees clockwise, (left and right pics).

10. With the step of the right foot back turn to 225 degrees clockwise and with a step right foot back, turn 270 degrees clockwise, (left and right pics).

# Conclusion

In modern world especially in big cities street fights become a sad reality. There are plenty of reasons, when man or woman or group of people becomes aggressive towards other person. It can be robbery, disorderly conduct, sexual assault or assault under alcohol or drugs intoxication.

Usually man defends his female partner or family from the insult. But quite often lonely woman may become the target for offenders and have to defend herself. Before embarking on self-defense issues, I dare to give a few tips on how to behave with a potential adversary.

First of all, it must be remembered that on the scale of human values health and life occupies the first place, so without special need not get involved in the street fights - for this there are competent authorities. If an offender comes up to you with the infamous the phrase: "Money or Life!" – You should unconditionally give the wallet. After all, even the most famous master of martial arts is not immune from accidents: he can slip, to stumble, leading to irreparable consequences. I also recommend not provoking an attacker by excessive coquetry, excessively extravagant style of clothing and a wealth of jewelry.

However, there are such situations when it is necessary to give a fitting rebuff. If you feel that you’re your efforts of negotiating with the gangster fails that your life and health in danger, act calmly and decisively. You can use any available tools: stones, sticks, even a pencil or hairpins. It will not be superfluous knowledge of self-defense techniques.

To learn techniques you need a partner. It is better if it is a man far superior to you in physical strength. Movements should be done first and very slowly, achieving their cohesion and smoothness, then gradually accelerating and bringing them to real conditions. However, it does not need to exert excessive efforts in order not to deliver a pain to your partner. Begin to master the techniques after a short warm-up, warming up the muscles and joints.

In conclusion, I would like to wish readers not to find themselves in situations that will require the application of knowledge in practice. Let the training will serve you to gain and strengthen confidence in yourself.

## About Author

Samuel Greenberg, writer, teacher, educator, researcher and practitioner with interests in astrology, NLP, psychology, human health by natural methods and other fields.

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